

VASECTOMY PREPARATION INSTRUCTIONS

SURGERY CLINIC

NAVAL HOSPITAL LEMOORE, CALIFORNIA

Date of Procedure: _____

Eligibility Requirements **SUGGEST** that you are:

- Married and have two children, the youngest should be at least six months old
- Be at least 25 years of age
- If your wife is currently pregnant, we advise that you postpone your vasectomy until she has delivered a healthy child, in the event that the current pregnancy does not result in a healthy child
- A 30 day "cooling off" period should elapse between the time you sign your sterilization consent and the vasectomy procedure.

Pre-Operative Instructions

- _____ Do review the vasectomy handouts with your spouse. You and your spouse should be completely comfortable with the decision to be permanently sterilized.
- _____ All active duty military must have the "Request for Elective Medical Care" form signed by your command granting approval for the procedure. It must be returned on or before the day of your procedure.
- _____ Do shower on the morning of the procedure with an antibacterial soap.
- _____ Do bring an athletic supporter (jock strap) or "fitting briefs or compression shorts" with you on the day of the procedure.
- _____ Bring your military ID card.
- _____ Do wear comfortable clothing on the day of your procedure.
- _____ Do have someone drive you to and from the hospital on the procedure day, you must have an adult to stay with you for the first 24 hours after your procedure.
- _____ DO NOT SHAVE THE AREA OF SURGERY!
- _____ Do NOT take any medications containing aspirin for 2 weeks before your procedure. Stop date: _____
- _____ Do not bring valuables with you to the hospital.
- _____ Do not apply lotion, powder, cologne or any other skin products.
- _____ Do not smoke/use tobacco products after midnight the night before the procedure.
- _____ Do not eat or drink anything after midnight the night before the procedure.
- _____ NO BREAKFAST ON THE MORNING OF SURGERY!

- _____ On the day prior to your procedure you will receive a phone call from the General Surgery Clinic personnel after 1530 to instruct you on what time to arrive to the Clinic on the day of surgery. If you do not hear from anyone by 1630 the day before your procedure, phone them at 559-998-4265 or 559-998-4441.

Patient Signature _____ Date _____

Clinic RN Signature _____ Date _____

AFTER CARE VASECTOMY PATIENT INSTRUCTIONS

1. Gauze and an athletic supporter or "fitting briefs or compression shorts" will be placed on the wound immediately after the procedure. Wear an athletic supporter for at least 3 to 4 days.
2. Once you return home after the procedure, elevate your feet and place an ice bag over the scrotal area to reduce swelling. Take it easy for 3 consecutive days. You can spend more time walking on the second day. Do not shower for 24 hours after the procedure. Heavy lifting or vigorous physical activity is to be avoided for 1 to 2 weeks.
3. You might notice scrotal swelling in the first week after the procedure. The swelling often increases with activity so it is important that you rest for the 3 days after the procedure and continue wearing the athletic supporter.
4. If you experience pain or discomfort, you may start taking Tylenol 650 mg every 4 hours on the procedure day. Day 2, you may switch to ibuprofen 600 mg each dose three times a day with food (brand name Motrin, Advil, Nuprin). If you experience increasing pain after business hours, please go to the nearest Emergency Room or call the Nurse Advice Line at 1-800-874-2273. You may contact the General Surgery Clinic during working hours at 559-998-4265.
5. Infection is very uncommon after the vasectomy procedure. Call the clinic if you notice excessive redness, swelling, tenderness, warmth, or drainage from the surgical site.
6. Bruising over the scrotal skin is common after vasectomy. However, if the scrotal sac is bruised and expanding in size, please call the clinic during regular working hours or go to the nearest Emergency Room.
7. You might develop a small, tender nodule where the vas deferens was cut (called a sperm granuloma). These can produce discomfort, but almost always go away on their own. You can ask your doctor to reexamine the site if you are concerned.
8. You may have sexual intercourse 3 or 4 days after the procedure but be sure to use another form of contraception until you have been told your 6 week semen sample is sperm free. The first time you have sex you may notice some discomfort from the cut tubes. During the second week you may have sex two or three times but use another form of contraception.
9. At your 3 week follow up appointment with the surgeon in the general surgery clinic, the POST VAS lab test will be ordered and you will be instructed when to go to the lab at the Naval Hospital to give the semen sample. The semen sample will be due 6 weeks after the procedure. You will receive a phone call from the clinic nurse with the results of the specimen.